

B.I.A-FITNESS

AUGUST 2010



• **1639 Warwick Ave**
Warwick, RI 02889
401-732-2899

*Classes highlighted in purple indicate a class fee.

** Minimum of 3 participants for all classes to be held

All yoga and meditation classes are now held upstairs at "The Journey Within" with Melissa. Please grab separate schedule.

WEBSITE:
BIA-Fitness.com

Mon	Tue	Wed	Thu	Fri	Sat
8:00 am Pilates (Jill)	8:00 am 30 minute Training Express (Jen)		8:00 am Pilates (Jill)	8:00 am 30 minute Training Express (Jen)	
		9:00 am Zumba (Anya)			9:00 am Running Clinic (Fatima)
			4:30 pm Last Chance Workout (Melissa)		9:30 am Cardio Kick (Jen)
5:45 pm Totally Toned (Fatima)	5:00 pm Spin Fusion (Fatima)	5:00 pm Yoga Sculpt (Melissa)			
	6:15 pm Zumba (Melissa)		6:15 pm Zumba Burn (Melissa)		

Please call, 401-732-2899, or drop by to register for classes!

CLASS DESCRIPTIONS

*Please sign up at the front desk, website, or call 732-2899 to reserve a spot in class, space is limited!!
 Please be on time; please do not enter the classroom before the current class had finished; appropriate exercise attire must be worn; water must be in an enclosed unbreakable container; no cell phone use; members may not use stereo equipment; we request that all equipment be returned to the proper storage area.

Spin Fusion	45 minutes of Spin followed by 15 minutes of abs or strength training (Fatima)
Zumba Zumba Burn	Zumba is a one-of-a-kind combination of dance and exercise which puts the “FUN” back into fitness!! It combines hip-shaking Latin dance moves with high energy aerobics. Zumba Burn combines 45 minutes of high energy Zumba with 15 minutes of toning and abdominal work! (Melissa/Anyia)
Cardio Kick Mix	This 45 minute class will be a mixture of Cardio drills, sculpting, stretching, and boxing techniques. It will challenge you at your level (Jen)
30 Minute Training Express	Don't miss this class! A little bit of everything mixing free weights, machines, outdoor workouts, and more. In and out in 30 minutes! All levels. (Jen) \$5 per class
Cycle Strong	1 hour of hardcore spin with weight training. All levels. (Jen/Fatima)
Hip Hop with Abs	40 minutes of Hip Hop dancing with today's newest and most fun music, followed by 10 minutes of core strengthening abdominal work. All levels.(Melissa)
Last Chance Workout	Get ready to leave it all on the gym floor! An intense blend of cardio and strength drills. Get the push you need to reach your goals! A nonstop challenge. (Melissa)
Totally Toned	A full class dedicated to strength training and muscle toning! Join us to sculpt your muscles and build your strength! (Fatima)
Pilates	A class concentrating on your “powerhouse” (core)- the abdominals, back, and thighs. Strengthen and lengthen your muscles, improving posture, balance, and tone. All levels. (Jill)
Yoga Sculpt	An all level yoga class using light weights to enhance the benefits of the poses and increase your overall strength. (Melissa)

B.I.A-Fitness
 1639 Warwick Ave.
 Warwick, RI 02889
 Phone: 401-732-2899
 Fax: 401-732-6310

Summer Fitness Hours
 Monday – Friday: 6am-8pm
 Saturday: 7am-2pm
 Sunday: CLOSED

The Journey Within
 1645 Warwick Ave.
 Suite 224
 Warwick, RI 02889
 Phone: 401-215-5698